

## Home Grown: Smarter Lunchrooms

*Smarter Lunchrooms* are designed to lead children to make healthy choices while providing them with the ability to continue to make choices. Instead of requiring students to take specific foods, smarter lunchroom techniques allow students to select healthy choices by making these foods the most appealing. The techniques are based on using environmental cues to increase student selection of healthy meal options and decrease plate waste. Techniques include product placement, product display, and the use of creative names for healthier foods. The *Home Grown* menus were designed with two smarter lunchroom techniques in mind: creative naming of targeted foods (K-12) and healthy convenience lines (9-12 only).

Creatively naming menu items and displaying those names near the food has been shown to increase consumption of a targeted item by 40-70%. This technique has been shown to be especially successful in increasing vegetable selection. Vegetables are frequently overlooked because they are downplayed with boring names that do nothing to entice a student to select them. By giving vegetables creative names and moving them into the spotlight, you have increased students' taste expectations. By making the vegetables sound more appealing you will increase the likelihood of students selecting and eating the vegetables. WI TN has developed a list of vegetable dishes included in the *Home Grown* menus and provided Smarter Lunchroom names for the K-5 and 6-8 grade groups.

### *Tips to Increase the Number of Students who Select Vegetables*

- Give vegetables creative or descriptive names. Use the names provided on the next page or develop your own names. Display these names on signs placed on the serving line by the vegetables.
- Create a Student Nutrition Action Committee of students who are responsible for naming veggies and developing signage.
- Display the creative and descriptive names on a poster or menu board outside the cafeteria.

|               |                  | K-5                               | 6-8                               |
|---------------|------------------|-----------------------------------|-----------------------------------|
| <b>WEEK 1</b> | <b>Monday</b>    | Colorful Curried Rice             | Colorful Curried Rice             |
|               |                  | Wild Broccoli Trees               | Bright Green Broccoli             |
|               | <b>Tuesday</b>   | Crunchy Carrots and Celery        | Crunchy Carrots and Celery        |
|               |                  | Creamy Hummus Dip                 | Creamy Hummus Dip                 |
|               |                  | Fresh Green Grapes                | Fresh Green Grapes                |
|               | <b>Wednesday</b> | Loaded Pork Tacos                 | Loaded Pork Tacos                 |
|               |                  | Fiesta Refried Beans              | Fiesta Refried Beans              |
|               |                  | Golden Corn                       | Golden Corn                       |
|               | <b>Thursday</b>  | Cheesy Omelet                     | Cheesy Omelet                     |
|               |                  | Scrumptious Sweet Potato Muffin   | Scrumptious Sweet Potato Muffin   |
|               | <b>Friday</b>    | Mighty Spaghetti and Meat Sauce   | Savory Spaghetti and Meat Sauce   |
|               |                  | Super Hero Salad                  | Crisp Romaine Salad               |
| <b>WEEK 2</b> | <b>Monday</b>    | Philly Chicken Sub                | Philly Chicken Sub                |
|               |                  | Crunchy Carrots                   | Crunchy Carrots                   |
|               |                  | Fresh Melon Cup                   | Fresh Melon Cup                   |
|               | <b>Tuesday</b>   | Home-style Brunch Casserole       | Home-style Brunch Casserole       |
|               |                  | Harvest Apple Muffin              | Harvest Apple Muffin              |
|               |                  | Super Sweet Potato Tots           | Tasty Sweet Potato Tots           |
|               | <b>Wednesday</b> | Cranzy Chicken Taco               | Cranzy Chicken Taco               |
|               |                  | Refreshing Citrus Fruit Cup       | Refreshing Citrus Fruit Cup       |
|               |                  | Sweet Yellow Corn                 | Sweet Yellow Corn                 |
|               | <b>Thursday</b>  | Creamy Butternutty Mac and Cheese | Creamy Butternutty Mac and Cheese |
|               |                  | Vibrant Veggie Salad              | Garden Fresh Salad                |
|               | <b>Friday</b>    | Tangy Apple-Cranberry Coleslaw    | Tangy Apple-Cranberry Coleslaw    |
|               |                  | Baked Bean Bonanza                | Cowboy Beans                      |
|               |                  | Toasted Potato Wedges             | Toasted Potato Wedges             |
| <b>WEEK 3</b> | <b>Monday</b>    | Mouth-Watering Minestrone Soup    | Mouth-Watering Minestrone Soup    |
|               |                  | Oven Roasted Potato Wedges        | Oven Roasted Potato Wedges        |
|               | <b>Tuesday</b>   | Sweet Cinnamon Squash             | Sweet Cinnamon Squash             |
|               |                  | Crunchy Carrot Sticks             | Crunchy Carrot Sticks             |
|               | <b>Wednesday</b> | Two Zucchini Linguini             | Two Zucchini Linguini             |
|               |                  | Cherr-ific Salad                  | Cherr-ific Salad                  |
|               | <b>Thursday</b>  | Zesty Bean Salad                  | Italian Bean Salad                |
|               |                  | Power Peas                        | Vibrant Green Peas                |
|               | <b>Friday</b>    | Hearty Chicken Pot Pie            | Hearty Chicken Pot Pie            |
|               |                  | Go-Pack-Go Broccoli               | Go-Pack-Go Broccoli               |